

Daily Word

A UNITY PUBLICATION
NOVEMBER 1957



Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

PRAYER FOR ILLUMINATION (11 a.m.): I am thankful that God illumines my path and I reap a rich harvest of new ideas.

•

PRAYER FOR PROSPERITY (12 noon): I rejoice and give thanks that I am the happy, prosperous, successful child of God.

•

PRAYER FOR HEALING (9 p.m.): I rejoice and give thanks that I am the happy, healthy, harmonious child of God.

DAILY WORD is nonsectarian. It is published monthly by **UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI**. Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: **Unity, You, Weekly Unity, Good Business, Daily Word, and Unity Sunday-School Leaflet** at \$1 a year each, and **Wee Wisdom** at \$2 a year. No additional postage charge for subscriptions to foreign countries.

DAILY WORD

Edited under the inspiration of Silent Unity

Vol. 67

NOVEMBER, 1957

No. 5

In This Issue

Let Go and Let God—*E. V. Ingraham* - . . . 2

God Is Your Supply—*Mary L. Kupferle* - . . . 6

Dear Friends - 9

Poems: Birds Cannot Fly So High—*Martha Smock* - Center

My Soul's Thanksgiving—*James Dillet Freeman*

- Back Cover

Cover—*Joseph Muench*

Center Photograph—*Frank J. Miller*

DAILY LESSONS FOR NOVEMBER

- | | | |
|------------------|------------------|------------------|
| 1. Blessing | 10. Comfort | 21. Trust in God |
| Others | 11. Words | 22. Prosperity |
| 2. Patience | 12. Protection | 23. Not Alone |
| 3. Be Still | 13. Perfection | 24. This Day |
| 4. Harmony | 14. One with God | 25. Good |
| 5. Newness | 15. Light | 26. Life |
| 6. Standing Tall | 16. Dominion | 27. Freedom |
| 7. Wholeness | 17. Divine Order | 28. Thanksgiving |
| 8. Christ Within | 18. Healing | 29. Our Work |
| 9. All Men Are | 19. Progress | 30. Christmas |
| Brothers | 20. Guidance | Shopping |

Let Go and Let God

E. V. INGRAHAM

THERE is a great fascination that comes from searching into spiritual values. This is true not only of new discoveries but of new and deeper insights into things we have heard repeatedly. It is the bringing forth of things new to us, although old as our beginning, that keeps life always fresh and vital. The spirit of adventure motivates us with the inspiration that always appears with new things, new experiences, new ideas. "Behold, I make all things new."

Often when reviewing the things we have heard, read, or even taught, a new and deeper meaning literally jumps out at us. Then we see more clearly that which was, to some extent, obscure before. Seeing things in a new light seems to have been the constant practice of Jesus.

When we see how Jesus approached the various problems presented to Him, we finally come to see that He did not only the greatest thing in all human history, but also the easiest thing ever done by man. "The Father abiding in me doeth his works." Jesus seemed to realize that the only

requisite to providing answers to human needs in all areas was a release of resistance to good.

To better understand this rather different approach to Jesus' manner of healing, let us consider more apparent, yet similar facts. We are aware of the air around us. We also know what happens when we develop a vacuum within a metal shell or glass ball. As any vacuum develops a corresponding pressure accumulates simultaneously. It is common knowledge that pressure is the air attempting to crowd in and fill the vacuum. A void, a lack, or a vacuum cannot assert itself. Only that which is actual can assert itself. So the air exerts pressure upon the vacuum. The law that air follows is that of rushing to meet the need or the lack. The moment the shell is pierced or the glass ball is broken, the air rushes in. In other words, as soon as the wall of resistance is penetrated, the need is instantly supplied.

All disease, all pain, all lack in the world exists because a certain area of man's nature has been shut off or isolated from the allness and fullness of God's omnipresence. The moment resistance is penetrated there is an inrush of the divine presence. Thus wholeness is restored.

It is for the foregoing reason that we say Jesus did the easiest work ever done by man. He pierced the thin shell of human ignorance and let

the divine presence flood the starved area in man. "Not by might, nor by power, but by my Spirit, saith Jehovah."

In any situation that may arise in man or his environment, God is there, actively creating and making all things new.

Imperfection appears only when the universal good is temporarily interfered with. The ancient wise men referred to the areas of discrepancy (disease, poverty, and so on) as "the seat of sacred starvation." In other words, sickness, poverty, and failure are areas of lack—a series of vacuums in a system of abundance. They are hungers for the fuller action of the creative Spirit.

If our needs develop because God has been shut out or denied full and free action, the advice "let go and let God" becomes the most effective approach in meeting them. This does not mean that we sit down and wait for things to happen to and for us. It does mean that we "sit" long enough to let all tension leave our bodies, and all concern vanish from our consciousness, giving the Spirit free access to our entire nature. Then we go about our regular tasks *accepting our good as inevitable*—not struggling to get it!

Poverty is man's self-imposed lack developed in his mind because he has forgotten that he is a product of God, and an actual part of a system

that is all wealth, producing abundance everywhere in endless measure. Only the merest shell of ignorance keeps him in the vacuum of want. A glimmer of Truth that "all things whatsoever the Father hath are mine," and the exercise of faith in this Truth is all that is necessary to open the windows of heaven. The distress of poverty is the pressure of ever-present abundance trying to flood the impoverished area of human experience.

Disease is another vacuum. It is an isolated area that man himself has closed off from universal wholeness. The moment our resistance, tension, and downright opposition cease, and we completely accept and give ourselves without reservation to wholeness, healing comes. The very wholeness of God is moving incessantly with infinite purpose to manifest itself as perfection.

God's omnipresence means that He is equally present at all times, in all places. Wherever man's sense of isolation or separation from God is dissipated, the inrush of God's presence and power is instant. Healing, restoration, and supply are then inevitable, for these are characteristics of God. Man's mind is brought to accept, rather than reject, the universality of God and the perfect expression of His nature.

"Let go and let God" is the most significant statement in the entire field of affirmative prayer.

God Is Your Supply

MARY L. KUPFERLE

IF YOU have been looking to a certain channel for material substance and support, and if this channel seems undependable, remember that God is your unfailing, limitless, and enduring supply.

Apply your heart and mind and being to the truth that God is your supply. Repeat over and over throughout the day "God is my supply." Refuse to let any limited thought enter your consciousness.

Remind yourself "Whether I need bread on the table or nourishment within my mind, God is my supply. Whether I need silver in my purse or serenity within my being, God is my supply. Whether I need substance to house me or well-being to strengthen me, God is my supply."

Say to yourself quietly but with authority and firmness of faith, "God is my sustainer, my supplier, my provider. God is the substance, the supply and provision of all that I can ever require. All I receive comes from one source, God. All I need derives from one source, God. God is my all-sufficiency in all ways and in all things. God, the limitless, God the enduring, God the

changeless, God the good, is my supply."

Realize that each coin, each paper bill is imbued with the idea of plenty, and as you handle this substance see it as a lively, active idea in the mind of God, put into your hands for perfect use. See it flowing through your wallet, pouring into your pockets, heaped up, pressed down, running over in your bank account.

As you spend your substance, send a blessing with it so that wherever a coin touches a coin, wherever a paper bill touches a paper bill, wherever a check touches a check, a blessing of abundance is caught and carried into further service.

The multiplication of praise and blessing in connection with any of God's substance cannot be measured, for it is enduring and unlimited. Even as God cannot be measured or weighed, as His gifts cannot be bound or circumscribed, neither can the multiplication of praise and blessing be confined as it is bestowed by man upon the substance at hand.

Because God is your supply you love to give. Because God is your unbounded supply you can give. Because God is your unending supply you ever continue to give. As you give lovingly, joyfully, substance returns to you increased. As you spend wisely, happily, trustingly, your bounty and store is heaped up the more.

God is your supply now and forevermore. God pours out His blessings upon you now. Open the door to His supply through praise and thanksgiving. Let praise and thanksgiving pour out from your heart as you sign your checks, as you pay your bills, as you give a tithe, as you invest in business, as you buy groceries. God is your supply.

God the good, God the unfailing, God the boundless, God the limitless is your supply, today, and forevermore. Rejoice and be glad that God is your supply.

"Let them shout for joy and be glad . . .

Jehovah be magnified,

Who hath pleasure in the prosperity of his servant."

**TO HELP SPEED YOUR CHRISTMAS
UNITY LITERATURE ORDERS:**

1. Mail your order NOW. (During the busy Christmas season several weeks are required for an order to be filled and reach its destination.)

2. Give the COMPLETE NAME AND ADDRESS of EACH person to whom you wish literature sent.

3. Be sure to NAME THE MAGAZINE OR BOOK you wish sent to each person.

By following these suggestions and blessing each order you send you will help us to give you prompt service. THANK YOU.



Dear Friends *ccc*

The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Virginia:

In a time of my life when I was trying to make a new start, with four little children to support, I was taking a business course in view of obtaining a position to help out. My teacher, without my telling her, surmised something, and she brought me some Unity literature, among which was DAILY WORD. That was thirty years ago. I have read it every day since.

From Arizona:

A friend sent me DAILY WORD last year. At first I didn't read it faithfully, then I began to read it every night and look up the Scriptures at the end of each lesson. It has become a habit now. I do not possess words to tell you how this has helped me. I really was lost. I am gaining in knowledge each day. I might not have ever started reading the Bible if I had not begun to read DAILY WORD!

From California:

While I was waiting in the doctor's office, I saw one of your little DAILY WORD magazines. I picked it up to see what it was. As I read I began to feel better, and a great worry I have had for several months cleared in my mind.

Although I am a Baptist I still enjoyed the book and would like to subscribe for it.

From California:

In January in my hour of bereavement, when dark clouds seemed to gather momentarily, DAILY WORD was my courage and strength. During the service, when all around me were weeping, I took this precious booklet from my pocket and read: "Weeping may tarry for the night, but joy cometh

in the morning." When I thought about this I was not left desolate, but reassured with a deeper insight and keener understanding.

From Wisconsin:

I am a nurse and I see many of our patients read DAILY WORD. This magazine gives me a lift. It makes me more tolerant and understanding, and I know it is good for our patients.

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, Unity, WUX, Kansas City, Missouri, by telephone BAaltimore 1-4720, Kansas City, Missouri, or by letter, Silent Unity, Lee's Summit, Missouri.

Announcing—A New Record

In February of this year, the article "Come Ye Apart Awhile" was published in DAILY WORD. A drill in relaxation, it was written by May Rowland, director of Unity's prayer department called Silent Unity and has been used by Silent Unity for many years. In article form it drew the largest response of anything ever printed in DAILY WORD, and gave help and inspiration to thousands of persons in all walks of life.

Because of the wide-spread response the article aroused, Unity is now offering it in a new form—on record, as spoken by its author, May Rowland. On one side of the recording is the step-by-step relaxation exercise. And on the other side are clear directions for the listener to follow in realizing the Christ life, love, substance, and power in every part of his being.

You will want this record for yourself, and it also makes an unusual and thoughtful gift. Made of unbreakable Vinylite, the record is the ten-inch size, plays at $33\frac{1}{3}$ r.p.m., and is priced at \$3. Order your recording of May Rowland's "Come Ye Apart Awhile" today, from your local Unity center or direct from Unity headquarters.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

NOVEMBER 1

Friday

I KNOW THAT GOD IS PRESENT IN ALL PERSONS AND SITUATIONS, AND I TRUST HIM TO POUR OUT A BLESSING.

IS THERE someone you would bless? Perhaps someone very dear to you is in need of life and strength, perhaps a friend is seeking a position. Maybe your neighbor needs freedom and happiness; or you may have read of a man in a faraway land who is in need of deliverance and justice. Your first thought is, "Bless you."

But how can your blessing help someone who may not know that you are thinking of him? How can your thought of another, miles away, reach him and help him? The answer to these questions lies in this truth: "For ye all are one *man* in Christ Jesus." It is through this mutually shared, omnipresent Spirit that we are able to bless and help one another.

So let your prayer for life and strength, guidance and success, freedom and happiness, protection and justice reach out today toward those your heart bids you bless. Because you know God is present in all persons and in all situations you will see your prayer take effect.

♣ *For ye all are one man in Christ Jesus.*—GAL. 3:28.

Saturday

NOVEMBER 2

WITH THE HELP OF GOD I EXERCISE INFINITE PATIENCE. I CALMLY AWAIT THE OUTWORKING OF MY GOOD.

NO HURRY! No impatience! I know that God in His infinite wisdom works all things out according to His good purposes, and in the way that is best for all concerned. So I am not the least bit impatient. I trust and trust and keep on trusting.

I rejoice that God's adjusting Spirit is now mightily at work in every part of my life, and this Spirit will continue its mighty activity until the manifestation of good is complete.

The important thing is to keep faith in the outworking of good and not to feel that I must fret, worry, force issues, or settle for something other than my good. Patience makes me able to accept my good today with a cheerful spirit, and to maintain this same cheerful spirit as I await the further outworking of my good.

Through prayer I am blessed with infinite patience and with a calm spirit. I know my good is assured.

♣ *Let us run with patience the race that is set before us.*—HEB. 12:1.

"BE STILL, AND KNOW THAT I AM GOD."

GOD IS your unfailing help. Be still, and know that He is with you. Be still, and feel His assurance: "Peace be unto you, I am with you. Be still, and know that I will never leave you nor forsake you. I will comfort you. Rest in my love, for I am with you always."

When you have found the security of God's presence in the stillness of your being, you will be renewed in faith and courage. You will find quiet strength coming into your heart and mind. You will know beyond a shadow of doubt that it is God on whom you can rely.

Be still, and know God's light shines for you and through you. His light dispels darkness and doubt.

Be still, and know God's love infolds, surrounds, and protects you.

Be still, and know God's strength upholds, sustains, and comforts you.

Whatever you are called on to meet, be still, and know there is a Spirit in you that is constant and unfailing. Be still and know you have God's Spirit in you.

♣ *Be still, and know that I am God.*—PSALMS 46:10.

Monday

NOVEMBER 4

I AM ON THE SIDE OF GOD. I CHOOSE TO BE
LOVING, HARMONIOUS, AND PEACEFUL.

WHEN someone does or says something that hurts our feelings it does not help to brood over the matter. We can have peace of mind and spirit only when we rise out of hurt feelings and bless every person and situation. We do not want to carry along with us bitter memories, injured pride, or self-pity. These are negative feelings that cannot produce good and happy results for us or anyone else.

We can rid ourselves of negative feelings by substituting positive ones. Has someone hurt our feelings? No one can hurt our feelings if we refuse to be hurt. We can substitute a thought of love for the thoughts of hurt, we can make the effort to bless the one who has hurt us.

The side of love and harmony is always God's side. The side of freedom and joy is God's side. We can choose to be on the side of God and so find an inner peace and tranquillity that nothing can disturb.

♣ *Choose you this day whom ye will serve . . . but as for me and my house, we will serve Jehovah.*—JOSH. 24:15.

NOVEMBER 5

Tuesday

I REJOICE THAT THE WAY OF THE SPIRIT
WITHIN IS THE WAY OF NEWNESS.

TODAY let us resolve to do at least one new thing. It is easy to fall into a narrow groove and go on day after day performing the same tasks in the same way, traveling the same route, thinking the same thoughts over and over again. We tend to cling to the familiar way because to us it seems the comfortable and easy way. However, to grow and unfold, to progress, to enrich our lives and add dimension to them, we need to be willing to expose ourselves to new experiences. We need to be willing to venture forth into new places and new projects. We need to be willing to look for and find new ways of doing our work. We need to be willing to open our minds to new ideas and to see things from a new angle.

Let us rejoice that the way of Spirit within is the way of newness. Let us claim courage, faith, and guidance. Let us claim every quality of heart and mind we need to venture forth into the new.

♣ *Behold, I make all things new. . . . I will give unto him that is athirst of the fountain of the water of life freely.—REV. 21:5, 6.*

Wednesday

NOVEMBER 6

I "STAND TALL" MENTALLY, PHYSICALLY,
AND SPIRITUALLY.

LET me "stand tall" mentally, physically, and spiritually. Let me reach above and beyond the self of limitations to the Christ perfection that is mine to express.

As I "stand tall" mentally I keep my mind alert to new, constructive, productive ideas. I rise above petty, binding thoughts. My new perspective makes it possible for me to see my unlimited capacities and capabilities.

As I "stand tall" physically I actually lift myself bodily out of the old and restricted idea of life. Taking this new posture I find that every organ and function is in order, and my whole being is filled with light, grace, beauty, and perfection.

As I "stand tall" spiritually I no longer take a limited view of life and living. I see spiritual values; I recognize the worth of the way of life that Jesus advocated.

As I "stand tall" I know myself to be God's child, in God's world, doing God's will and work.

♣ *That ye may stand perfect and fully assured in all the will of God.*—COL. 4:12.

NOVEMBER 7

Thursday

GOD'S PRESENCE WITHIN ME IS RADIANT WHOLENESS. MY BODY AND ALL ITS FACULTIES EXPRESS DIVINE PERFECTION.

THIS healing thought states a truth about our bodies that we sometimes forget. God's presence is within us! Can we be less than whole when within us is His radiant wholeness! Can we be less than perfect when His divine perfection expresses through us!

As we think of our bodies today let us think how wonderful they are, how blessed. They house the presence of God. Let us think of all our faculties and how they provide us constant contact with the world around us.

Think of the special meaning the words of this prayer have for you. Think of your body and of your faculties. Have you been outpicturing this radiant presence within you? Have your faculties been unlimited in their expression? Let today's prayer become a part of your thinking about yourself. Think of your body and all its faculties expressing divine perfection.

These words are the truth about you!

♣ *Be of good cheer; thy faith hath made thee whole.*
—MATT. 9:22.

Friday

NOVEMBER 8

THROUGH THE CHRIST SPIRIT IN ME I LIVE
VICTORIOUSLY.

CHRIST in me is the spirit of love, wisdom, and understanding. Christ in me is an inexhaustible source of strength and life. Christ in me is enduring peace and joy. I accept this truth. I give thanks for the realization that greater is He that is in me than he that is in the world.

Through daily prayer I keep attuned to the Christ presence in me. His Spirit guides, illumines, and governs me perfectly and unerringly. Through Christ in me I meet every challenge that comes into my life victoriously.

Through Christ in me I quickly and readily bless and forget unhappy experiences. Through Christ in me I quickly and easily forgive and forget hurts and disappointments.

I rejoice that the Christ Spirit is ever working mightily in my behalf, working for me and through me, and with each passing day I am becoming healthier, wealthier, and happier.

♣ *The mystery which hath been hid for ages and generations . . . Christ in you, the hope of glory: whom we proclaim.—COL. 1:26, 27, 28.*

NOVEMBER 9

Saturday

GOD IS MY FATHER, AND ALL MEN ARE MY BROTHERS.

OUR need to feel at one with humanity is basic. When we separate ourselves from others in the belief that we are better than they, our spiritual nature is disturbed, and we feel out of harmony with God and man.

We cannot afford to separate ourselves from the human family by pettiness or snobbishness or feelings of superiority. God is our Father and all men are our brothers.

If we find ourselves withdrawing our love or compassion from certain persons or groups, let us pray for more love, for more of God's Spirit. When we think and act from the basis of God's love, we reach out to others and we see something good in everyone whose life touches ours.

It is right that we accept ourselves as beloved children of God; it is just as right that we accept other persons in the same way. We are members of the same family in God.

♣ *If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, cannot love God whom he hath not seen.*
—I JOHN 4:20.

"LET NOT YOUR HEART BE TROUBLED,
NEITHER LET IT BE FEARFUL." "LO, I AM WITH
YOU ALWAYS."

THE assurance we need, the strength we need, the comfort we need are ours. "He shall give you another Comforter, that he may be with you for ever, *even* the Spirit of truth."

Humanly we grieve at the ongoing of someone dear to us, but the Comforter within us brings to our remembrance the truth about life. We see that life is without beginning or end and we know with an inner conviction that comes by faith rather than by reasoning that "neither death nor life" shall be able to separate us from the love of God. Knowing this we can release our dear ones into God's care and keeping, confident that they are forever alive in Him.

Christ in our dear ones is eternal, deathless, immortal. So we can say to them in faith, "You are one with God, held in His safekeeping." As we hold to this realization we are able to grasp the idea of life more firmly in ourselves, we are stirred to a new comprehension of the reality of life; we see new value and meaning in all of life.

♣ *Lo, I am with you always.*—MATT. 28:20.

I SPEAK ONLY GOOD WORDS TODAY.

I SPEAK only good words today. I let the light and inspiration of God shine through me. I let the understanding and compassion of God prompt my every word.

I speak only words of love. I know that in God there is no criticism of any person. I see all persons through the loving eyes of God, and it is easy to think loving thoughts about them and speak good words to them.

I speak only words of forgiveness. Because I am filled with love I find I understand other persons' motives. Even when I am not in agreement with them, I am able to feel that they are God's children and His love will find a way to express itself through them.

I speak only words of praise. When I find something praiseworthy in a person I do not hesitate to praise him. When I admire his work, or the way he handles some situation, I do not hesitate to let him know of my admiration.

I speak only good words today, and the words spoken to me are good words.

♣ *For it is not ye that speak, but the Spirit of your Father that speaketh in you.*—MATT. 10:20.



Birds Cannot Fly So High

MARTHA SMOCK

Birds cannot fly so high
Winged though they be
As I when my spirit
Rises to Thee.

Heaven is entered as
Heart utters prayer,
The reaches of faith are
Boundless as air.

Light like the rising sun,
Utterly free,
Happily I find my way,
Winged in Thee.

Tuesday

NOVEMBER 12

I AM DIVINELY PROTECTED. MY LIFE IS IN GOD.

RIGHT now is a good time to renew our faith in divine protection, to re-establish ourselves in the realization that our life is in God.

At this season of the year many persons fall into a negative way of thought. They feel that their lives are controlled by outer conditions. They give weather, drafts, crowds, and a belief in contagion the power to bind them and to limit their lives.

Actually, we are divinely protected. Our lives are in God! Nothing in the outer world is as great as His presence and power within us. We can bless outer conditions and know that they have no power over us. But it is a matter of choice. Will we place our faith in outer things or in the power of God within us? Instead of adding fear to fear, we overcome fear with faith in God. This faith is our protection, this faith is our assurance of life, and this faith acts as a bulwark to others who need to know that they are divinely protected and that their life is in God.

♣ *I came that they may have life.*—JOHN 10:10.

NOVEMBER 13

Wednesday

I REJOICE THAT I AM FILLED WITH LIFE,
STRENGTH, AND HEALTH. I AM PERFECT IN
GOD.

WE MAY think that we have to endure suffering or ill health, that they are inevitable in human experience. But this is not true. We were created for life, health, and wholeness. This is our right and natural state.

Our bodies respond to our thoughts and feelings and so our thoughts and feelings are vitally important to our health and happiness. If we have some condition that needs healing let us not accept it as belonging to us, let us not believe that it is God's will that we suffer. Let us remember the words, "For I have no pleasure in the death of him that dieth, saith the Lord Jehovah: wherefore turn yourselves, and live." Let us turn away from the thought of ourselves as weak or sick and let us affirm life.

As we turn again and again to the life idea, as we persist in affirmative prayer, we will experience in ever-increasing measure the health, the strength, the perfection that is our birthright.

♣ *And the prayer of faith shall save him that is sick, and the Lord shall raise him up.—JAMES 5:15.*

Thursday

NOVEMBER 14

I AM FILLED WITH EXCEEDING JOY, FOR I AM
ONE WITH GOD.

WHAT can be more wonderful than the realization that we are one with God, a part of the divine creation of life!

Just to speak the words, "*I am one with God*" is a thrilling experience. The shadows of negative thinking cannot remain in the presence of this realization.

"*I am one with God.*" Say it again! Can you not feel renewed life tingling in every cell of your body? What a marvelous healing treatment is contained in these five words, "*I am one with God.*"

In oneness with God we find understanding, wisdom, and guidance. In oneness with God we walk in the light. In oneness with God we are quickened with new ideas of substance.

In oneness with God we are one with His children everywhere.

In oneness with God our lives are changed. We come into the fullness of His love and the abundance of His creation.

♣ *Arise, shine; for thy light is come, and the glory of Jehovah is risen upon thee.*—ISA. 60:1.

NOVEMBER 15

Friday

I BEHOLD THE SUNLIGHT OF GOD'S PRESENCE.
I LIVE IN THE LIGHT AND WALK IN THE
LIGHT.

I AM a cheerful, happy, enthusiastic, optimistic person. I am faith-filled, joy-filled, life-filled. I am attuned to harmony and order, for my vision is steadfastly fixed on God's light and Truth.

There is no tendency in me to ever be fearful, gloomy, or pessimistic for I behold the sunlight of God's presence. I live in the light and walk in the light. I rejoice in the truth that God's presence is within me and all about me. Daily my faith increases as I hold to the belief that the joy, light, life, and love of God pervade everyone and everything. Such beholding leaves no room for doubt and fear. Such beholding lifts me up and keeps my heart happy.

My joyous, faith-filled, expectant attitude continually attracts to me new ideas, new blessings, and new experiences. For me the world is a good and beautiful place in which to live and work.

Serve Jehovah with gladness:

Come before his presence with singing.

—PSALMS 100:2, 3.

Saturday

NOVEMBER 16

CHRIST IN THE MIDST OF ME IS MY STRENGTH.
THROUGH HIM I ASSERT MY DOMINION OVER
ALL THAT BINDS ME AND I AM FREE.

CHRIST within us is our source of strength and power. Through His Spirit within us, we have access to all the help that is needed to overcome every limiting belief and every form of bondage. Through His Spirit within we assert our mastery over conditions and circumstances that prevent the expression of the true man.

Freedom is not gained through escape from problems, but rather through demonstrating the power and strength to overcome the cause of the problems. Christ within us is mightier than any condition or circumstance. When we seek to make an overcoming, let us first affirm our oneness with Christ in the midst of us. By affirming our oneness with Him, by recognizing Him as the true source of our power and strength we lay hold of His help in asserting our dominion over things that bind us. By claiming our Christ dominion we gain the victory that frees us to live triumphantly.

♣ *I can do all things in him that strengtheneth me.*
—PHIL. 4:13.

NOVEMBER 17

Sunday

I LIVE MOMENTLY IN TUNE WITH GOD. MY
LIFE AND AFFAIRS ARE IN DIVINE ORDER.

I LIVE momentarily in tune with God and keep close to Him in thought, word, and deed. Regardless of appearances to the contrary, or how my life may seem to lack divine order, I am not discouraged. I do not give up; I do not lose faith. I keep my eye on the goal of accomplishing the fulfillment of my desire for an orderly life. I let my watchword be, "Press onward, go forward."

I establish divine order in my life by keeping my thoughts clear and bright. I pray for wisdom to make right decisions. I pray for good judgment when problems present themselves. I pray to gain control and to keep control of my emotions in order that I may deal fairly and justly with everyone. I live momentarily in tune with God.

As I live and work in harmony with God I find that my life is orderly, well-regulated, and well-rounded.

*For Jehovah will give grace and glory;
No good thing will he withhold from them that walk
uprightly.*

—PSALMS 84:11.

Monday

NOVEMBER 18

GOD'S HEALING, RENEWING LIFE IS DOING
ITS PERFECT WORK IN ME.

A HEALING work is being carried on continually in us. A process of renewal and restoration is right now taking place in our body temples.

Let us remember this if it seems that there is some condition in our bodies that needs to be healed. Let us let go of worry or anxiety about our health. Let us relax in the thought that our lives are in God and that His healing Spirit is forever at work in us.

We further the renewing, healing work of God in us by our feeling of trust and peace. In quietness and in confidence we become aware of the life of God in us. Our real healing lies in the realization of God's presence and power, His life and strength, mighty in the midst of us. We can stand quietly at ease, certain of life, certain of God's love. We are meant to have life and to have it abundantly. Even now God's healing work is being carried on beautifully in us. Let us speed it forward by our faith.

♣ *In quietness and in confidence shall be your strength.*
—ISA. 30:15.

NOVEMBER 19

Tuesday

I REJOICE IN THE PROGRESS I AM MAKING
EACH DAY.

MANY times we are inclined to condemn ourselves for failure to live up to the Truth that has been revealed to us. Condemnation of any kind, however, is always a block to growth and unfoldment. In this realization, I will cease condemning myself and rejoice instead in the progress that each day and each experience brings. Even seeming failure can be progress because it brings me closer to God and to a deeper understanding of my unity with His Spirit within me.

Today I will rejoice in the progress I am making in my search for Truth. I give thanks for a better understanding of the reality and the nature of God. I give thanks that I have awakened to the Spirit of God within me. I give thanks that I can look back on all the experiences of the past without any sense of failure or condemnation, because they were all part of my growth and development. I give thanks that I can look at the present and the future joyfully.

♣ *First the blade, then the ear, then the full grain in the ear.*—MARK 4:28.

Wednesday

NOVEMBER 20

I EXPRESS THE LIMITLESS CAPACITY OF INFINITE MIND.

I NOW let go of negative thoughts about myself or my life. No matter what my need or what decision I have to make, I now accept the truth that, as an ever-expanding expression of God-Mind, I have limitless mental and spiritual capacity.

I know that through prayer I have access to infinite Mind, that I have the wisdom I need, and that I know what to do in every situation.

I need meet but one moment at a time, one thing at a time. Not all at once, but by daily persistence I let go of thoughts that are limiting and lay hold of new ideas.

There is no limit to the growth and expansion of my life in new and wonderful ways; there is no limit to my capacity to put God ideas into expression.

In faith I affirm: "I express the limitless capacity of Infinite Mind."

♣ *And be not fashioned according to this world: but be ye transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.—ROM. 12:2.*

I PUT MY TRUST IN GOD, OMNIPOTENT GOOD.

IF A shadow of doubt or fear beclouds our minds, we need to stand firm and assert, "God in the midst of us is mighty, and His good will prevail."

The Spirit of God indwelling knows no defeat. No matter how grave a situation may appear to our finite minds, the power of God is mighty to overcome all obstacles. It is not governed or limited by conditions in the outer world.

If we are disturbed by a problem, we should pause and get our spiritual bearings. Instead of fixing our attention on the difficulty, let us turn within to "the secret place of the Most High." Let us quietly meditate on the goodness of God and place our lives in His hands, knowing full well that He is the certain source of help and of our peace of mind.

The Lord God is our high tower of strength; nothing can prevail against Him. When we know this we become poised and confident, we are of good courage.

♣ *Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD Thy God is with thee whithersoever thou goest.—JOSH. 1:9 (A.V.).*

Friday

NOVEMBER 22

GOD'S IDEA OF ABUNDANCE AND INCREASE IS NOW SET INTO ACTION IN ME AND MY LIFE.

IF WE want more prosperity we need to set the idea of increase into action in our lives. Sometimes we let ourselves fall into lethargic states, we use but a minute part of our God-given abilities and energy. The prosperity we long for seems lacking. But prosperity is an end result; the beginning of prosperity lies in mind, in our acceptance and use of God ideas. To affirm ideas of prosperity helps us to change our minds about ourselves and our affairs, it helps us to release the hidden power that is ours. We can bless ourselves and our affairs by affirming, "*God's idea of abundance and increase is now set into action in me and in my life.*" An affirmation is like a starter on a car; it helps us to get going in the right direction. As we affirm abundance and increase new ideas will come to us, new energy will fill us.

We have all the elements for successful living within us, for we have God's own Spirit within us. We are rich in God; God is rich in us.

♣ *I planted . . . but God gave the increase.*—I COR. 3:6.

NOVEMBER 23

Saturday

I ABIDE IN THE REALIZATION OF MY ONENESS
WITH GOD. HIS LOVING PRESENCE UPLIFTS
ME.

WE MAY be separated from those we love, but we need only to realize our oneness with God in order to feel His loving presence infolding us and abiding with us. When we feel His presence ever with us we are never lonely or unhappy.

We attune ourselves to all the good in the universe when we abide in the realization of our oneness with God. We make ourselves loving and lovable, ever radiating good and attracting good. We find many happy, satisfying experiences in every day, for God's presence within us gives us the strength to live courageously and to enjoy life. God's presence within us expresses itself through us, drawing to us all that is needed to make us happy and to make our lives complete.

One of the greatest blessings we can have is to know our oneness with God and with all that is good. By keeping our thoughts centered on Him we find that He is the answer to our need.

♣ *I am not alone, because the Father is with me.*—JOHN 16:32.

Sunday

NOVEMBER 24

I GIVE THANKS FOR ALL THE GOOD THAT
THIS DAY HOLDS FOR ME.

WHEN I see every situation as an opportunity to grow spiritually, I give thanks for even the situations that seem difficult or hard to meet.

God gives me all the confidence, faith, good judgment, and patience needed to meet the experiences of my life. As I keep my mind open to divine wisdom, as I keep a positive expectant attitude, I find opportunities in every day to lay hold of good, to grow in understanding, to prove the power of faith, and to apply the principles of Truth.

I do not remember past failures; I let go of feelings of doubt or self-condemnation. God is with me, and I rejoice that I am growing and unfolding.

I face life without fear. I keep my mind open to divine guidance, and I follow through on the inspiration that comes to me.

I give thanks for all the good that this day holds for me.

♣ *Fear thou not, for I am with thee; be not dismayed, for I am thy God.—ISA. 41:10.*

ALL THINGS WORK TOGETHER FOR GOOD,
AND I WORK WITH THEM IN THE WISDOM
AND LOVE OF GOD.

ALL things work together for good, and I work with them in the wisdom and love of God. But things never work together just for my good at the expense of another person's good, nor do they work together for another's good at the sacrifice of my happiness.

It may be that I am faced with a problem or a decision involving family, friends, or co-workers. As I pray for all things to work together for good, and as I pray to work with them in the wisdom and love of God, I know there will be a right outworking of the situation.

It is very relaxing and satisfying to pray in such faith, and to have the perfect assurance that I am allowing the wisdom and love of God to work through me to establish good. The prayer that asks not for a certain and stipulated outcome, but rather for the good of all is the prayer that finds a quick and a perfect answer.

♣ *And we know that to them that love God all things work together for good, even to them that are called according to his purpose.—ROM. 8:28.*

Tuesday

NOVEMBER 26

I AM AWARE OF GOD'S LIFE INFOLDING ME;
I AM SECURE IN GOD'S LIFE UPHOLDING ME.

TO BE KEENLY aware of the life of God, to feel His life infolding me, supporting me, pulsating through every nerve and cell of my body is to be truly alive. To feel utterly safe in the life of God, to know that His life is upholding, surrounding, protecting me is to be truly secure.

As I give my attention to the life of God, I know the nothingness of man-made decrees. I realize that outer conditions cannot bind or limit my expression of life. I find it natural and easy to be aware of God's life, to feel secure in this life. As I pray to be aware of God's life in my body, as I act on my belief in the security of His life, I find that His life is my life!

I pray that all people everywhere, those with healing needs and those who feel a lack of life, may come into this awareness, attain this security, may know that God's life is their life!

I am aware of God's life infolding me;
I am secure in God's life upholding me.

♣ *Lay hold on the life which is life indeed.*—I TIM. 6:19.

I AM FREE WITH THE FREEDOM OF SPIRIT.

BELIEVE in yourself and have faith in your innate spiritual dominion. You are a child of God, and He has endowed you with powerful potentialities. Within you is His all-conquering spirit. Therefore, whatever you wish to overcome, you can overcome.

Center your faith in God. Remember that you are never alone, for He is with you. Keep your eyes on the goal of true freedom, but live just one day at a time. By your perseverance and your upward vision, God will give you the strength you need for today's overcoming.

Day by day, as you grow in strength, your vision will become clearer, and faith and trust will fill your heart and mind. Just as your overcoming is made through the power of God within you, your faith in the power of God within all persons makes your prayers for others effective. God's Spirit, mighty and all-conquering, not only sets you free but works through you to bless those for whom you pray.

♣ *For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.*
—GAL. 5:1.

I SING A SONG OF THANKSGIVING,
A SONG OF GOD'S GOODNESS AND LOVE.

I SING a song of thanksgiving. I sing a song of life. I sing a song of love. I sing a song of joy.

The song I sing is the song that the Psalmist sang: "Give thanks unto the LORD for *he is good*." The song I sing is as fresh and bright as the morning sun that heralds the new day. The song I sing is a song of promise, a song of fulfillment. The song I sing is a song of God's goodness and love.

My heart is filled with words and notes of praise. I am in tune with the melody of life; I am a part of the rhythm of life.

God is good, and God is loving,
He is Father, I am child.

Never separate, by Him chosen.

Trusting Him my faith is strong.

And He gives me to inherit

All the world of infinite good.

Thankful is my heart before Him,

Thankful are my ways and words.

♣ *Let them sing praises unto him with timbrel and harp.*—PSALMS 149:3.

I KEEP ATTUNED TO GOD'S GUIDING, INSPIRING SPIRIT WITHIN ME, AND MY WORK IS A SOURCE OF JOY AND SATISFACTION.

OUR WORK is a source of joy and satisfaction to us when we are interested in what we are doing, and when we feel capable of performing each task assigned to us adeptly and in a commendable manner.

If we have a fearful, resistant attitude toward our work, if we lack confidence in our ability to work with speed and efficiency, our work will seem difficult, laborious, and fatiguing to us.

Through the power of God's Spirit within us we can be confident, efficient, productive, and happy workers. If we need to acquire better work habits, or if we need to perfect our skills in order to handle our work with ease and competence, this will become apparent to us as we turn to God in prayer. As we keep attuned to His guiding, inspiring Spirit within us, we easily and readily make the inward changes of attitude and the outward improvements that will enable us to derive joy and satisfaction from our work.

♣ *And in every work that he began . . . he did it with all his heart, and prospered.*—II CHRON. 31:21.

Saturday

NOVEMBER 30

I PLACE ALL MY NEEDS IN GOD'S CARE AND KEEPING. I AM RELAXED, HAPPY, AND FREE.

IT IS good to remember that we can pray about everything that is important to us. This keeps us relaxed, happy, and free.

This is the season when most of us are giving thought to Christmas shopping and to our plans for the holidays. It can be a wonderful, festive season, so joy-filled that each card and present we choose carries a special blessing. It can be an orderly, happy, and harmonious season so perfectly organized that we are never tired, irritable, hurried, or worried.

Right thought about the things that we must do, a relaxed attitude about the arrangements to be made, assure us of a good beginning with our shopping and our planning. As we pray we can confidently expect our answer to come as guidance in making right decisions, as strength to carry us through each day feeling vital and vigorous, and as money to provide for the extra demands of the season. Prayer will assure us of being relaxed, happy, and free.

♣ *Jehovah will perfect that which concerneth me.*
—PSALMS 138:8.

30

ND
EE.
out
his
ng
ns
ve
re
n
-
,
t

A CHRISTMAS MESSAGE

FROM LOWELL FILLMORE
President of Unity School

Dear Friends:

The Christmas season always brings a rush of activity here at Unity headquarters, reminding me of other busy times long ago. As a boy, I used to wrap and address Unity literature by hand and take it to be mailed on the streetcar or in my brother's pony cart.

Today, large machines wrap and address the millions of magazines and tie them into bundles; and a truck takes them to the post office, but over the years the spirit of Christmas at Unity remains unchanged.

It is a warm, loving spirit, the same spirit contained in the thousands of letters we receive from Unity friends, who generously wish to share the Truth teaching with others at Christmastime. There is no greater gift than one that helps someone to find a happier, more successful life, and gifts of Truth literature can do this.

From the many Unity publications, you can choose a gift to fit any need, however special. These pages present a few suggestions."



FOR ONE WHO NEEDS HEALING, choose *Unity*. The oldest of the Unity magazines, it includes inspiring testimonials, articles, poems, and features. Published monthly, it is \$1 a year.

An outstanding book on healing is Dr. C. O. Southard's *Truth Ideas of an M.D.*, which explains the relationship between Truth and healing and gives practical advice for using Truth. It is \$1.



FOR ONE WHO NEEDS SUCCESS, the monthly magazine *Good Business* features factual accounts of those who have found success through applying Christian principles. It is \$1 a year.

Also very helpful is the book *Prove Me Now*, a collection of articles on success by Gardner Hunting, a favorite Unity writer for many years. *Prove Me Now* is priced at \$1 a copy.



TO HELP SOMEONE USE PRAYER, *Daily Word* is the ideal magazine. As a subscriber, you know the many features that make it a truly inspiring Christmas remembrance. It is \$1 a year.

The book *Prayer Changes Things*, by Dana Gatlin, gives true stories of how persons have changed their lives through prayer, and tells how anyone can do the same. This book is \$1 a copy.

THE PERSON NEW TO TRUTH will welcome *Weekly Unity*. As editor of this magazine, I have found that its practical articles and inspirational features have special appeal for beginners in Truth. A weekly, it is \$1 a year.

Another way to introduce your friends to Truth is by giving *The Story of Unity*, by James Dillet Freeman. Intensely interesting, this book gives the full history of Unity. It is \$1.

A VERY SPECIAL GIFT is *The Household of Faith*, which includes all the material in *The Story of Unity*, plus writings by Charles Fillmore and colored photos. A deluxe book, it is \$5.

Another special gift is *The Unity Treasure Chest*, a large anthology of the best-loved and most helpful Unity writings. This book is \$4.95 a copy.

YOUNG PEOPLE will be delighted to receive *You*. This monthly magazine designed especially for teen-agers has stories, articles, poems, photos, and features; and is priced at only \$1 a year.

Also excellent is the book *Practical Christianity for You*, by James E. Sweaney. It presents the basic Truth principles in a form comprehensible and interesting to young people. It is \$1.





FOR THE CHILDREN, who always give the Christmas season much of its special meaning for us, *Wee Wisdom* monthly magazine offers hours of entertainment along with valuable character training. Containing stories, poems, pictures, and all the features children enjoy, it is priced at \$2 a year.



Unity also offers all these bright and colorful children's books, priced at \$1 each.

These three read-aloud books, by Georgia Tucker Smith, are large in size, plentifully illustrated to suit younger children.

Crybaby Kangaroo *Barky's New Home*
Barky and His Friends



Pioneer stories are contained in these three books for older children, written by Bula Hahn.

Jet's Adventures *Jet's Choice*
Jet and the New Country



A collection of Lawrent Lee's fast-moving stories for older children is—

The Adventures of the Seven Spartans



These two excellent books on prayer, by Bill and Bernard Martin, are richly illustrated in full color.

Thank You, God (for tots)
Teach Me to Pray (for older children)

FOR THOSE ON YOUR CHRISTMAS CARD LIST, Unity Greeting Booklets are ideal. They are a warmer and more personal remembrance than the conventional card. This year's new booklet, *A Christmas Letter*, begins: "May you have the happiest Christmas you have ever had," and continues with an inspiring expression of good will.



There are also eleven more Christmas greeting booklets. All have colorful covers, and they come with their own Christmasy mailing envelopes. The price of the booklets is only 10 cents each—12 assorted, of either your selection or ours, for \$1.

A Christmas Letter (new) I Wish You Merry Christmas Blessing

<i>The Christmas Spirit</i>	<i>Merry Christmas to You</i>
<i>God Bless Your Christmas</i>	<i>Merry Christmas! Happy</i>
<i>God Is Blessing You Now</i>	<i>New Year!</i>
<i>Greetings, Friend</i>	<i>The Week Before Christmas</i>
<i>Holy Bread</i>	<i>Where I Am King</i>

We hope that you may find these few pages a help in doing your Christmas shopping this year. Remember, when you send your order for Unity gifts early, it helps us to fill it more quickly and easily. For myself and for all the "Unity family" I want to say: "May this holiday season be an especially happy and blessed one for you and your family!"

Louise Fallmore

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

My Soul's Thanksgiving

JAMES DILLET FREEMAN

Praise God, my soul and all that is in me!
Praise Him, my acts and dreams! Praise Him, my
reach
Of spirit! Pour His praises out, my speech,
In words! My silence, praise Him silently!
My dexterous hands, deft artificers of
Fair forms, contrive Him praises! Singing blood,
Leap in my pulses joyously, a flood
Of praise! And heart that He has made for love,
Repeat your love of Him! Soar, soar, my thought,
Praise Him by aiming high yet keeping touch
With sense! And senses, by enjoying much
The world of loveliness His love has wrought,
Praise Him! My prayers and my abundant living,
Silence and speech, affirm my soul's thanksgiving!

7

,

,

t,

,

!